

# TRYING TOO HARD: WHY WE CAN NEVER DO ENOUGH

## 過度努力：每個「過度」， 都是傷的證明

\* No. 1 self-help bestseller on Taiwan's books.com retail site in 2021

*Are you always on the go, always getting things done? Do you never take a rest because you're afraid you haven't accomplished enough, or you're not good enough? The truth is that whenever we push ourselves too hard, we are compensating for a hidden wound. Through eight case studies, this book reveals the neglected traumas and wounds that drive us to work beyond our natural capacities.*

Working hard is a highly regarded virtue in most societies, so much so that we often fail to notice when we push ourselves too hard, instead focusing on the perceived rewards of a higher income and greater achievements. The truth, however, is that working too hard hurts us, because we pursue a desired self-image at the expense of our real needs. We are so accustomed to this mode of existence that we neglect the things that bring meaning and purpose to life.

In this book you will meet: a young woman with an enviable material lifestyle who feels she has lost her soul; a multi-national corporate executive who has to win at all costs; the uncomplaining workhorse who prides himself on not caring what others think, but whose life is devoid of meaningful relationships; a master of social masks who feels uneasy when she is just being herself; the perfect mom who is afraid to ever let anyone down; the ambitious doctor who can't tolerate the idea of not being useful. Why are their lives so empty, despite all of their hard work and effort? Why



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do so many of them suffer from addictions, panic attacks, binge-eating, and depression?

Author and psychologist Chou Mu-Tzu guides eight highly-driven individuals through their resistances, defenses, and self-doubt, slowly revealing the underlying problems each faces. With patience and compassion, she helps them discover the hidden wounds lying dormant in their personalities, and explore the life experiences that shaped these wounds. Many readers will see reflections of themselves in these eight case studies, and feel affirmed in their own need to heal the deeper wounds that keep them from experiencing greater joy and fulfillment in life.

## Chou Mu-Tzu 周慕姿

Chou Mu-Tzu holds a master's degree in psychology and counseling from National Taipei University of Education. She has worked as a psychologist and school counselor, and is a frequent guest on TV shows where she discusses issues of mental health. She currently runs the Sincere Counseling Center, and is the lead vocalist of the folk-gothic metal band Crescent Lament. Her first book *Emotional Blackmail* sold over seventy-thousand copies in its first six months of release. The book sparked a discussion in the media about the concept of emotional blackmail, and has been translated into Korean, Thai, Vietnamese, and Indonesian.